

# NUTRITION

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## A Good Health Quiz

Cancer cases could drop by 20 percent if people ate at least five servings of vegetables and fruits each day. Why? Research shows that the vitamins, minerals, phytochemicals and dietary fiber in produce help prevent cancer. See how well you know the benefits of fruits and vegetables by matching one of the words below to each clue.

- |                 |           |         |
|-----------------|-----------|---------|
| A. Broccoli     | D. Tomato | G. Blue |
| B. Citrus       | E. Ten    |         |
| C. Sweet Potato | F. Carrot |         |

1. For optimal health and cancer protection, American Institute of Cancer Research recommends five to \_\_\_\_\_ servings of vegetables and fruits a day.
2. The common ingredient in Italian dishes that is high in lycopene, and believed to help prevent prostate cancer is \_\_\_\_\_.
3. The color of the American berry high in antioxidants, which may protect cells from free-radical hits are \_\_\_\_\_.
4. Cooking this slender vegetable has been shown to make the orange pigment – beta-carotene, an antioxidant – more accessible for the body's use. This vegetable is \_\_\_\_\_.
5. A category of fruit high in vitamin C, an antioxidant, which helps protect against DNA damage is \_\_\_\_\_.
6. Sulforaphane found in this cruciferous vegetable may enhance the breakdown of carcinogens in the liver. This vegetable is \_\_\_\_\_.
7. An orange vegetable high in vitamin E, which studies show protects the immune system is \_\_\_\_\_.

**Answers:** 1. (E), 2. (D), 3. (G), 4. (F), 5. (B), 6. (A), 7. (C)

To learn more about the cancer-protective power in vegetables and fruits, call for a free copy of Taking a Closer Look at Phytochemicals from the American Institute for Cancer Research at 1-800-843-8114. ext. 10.



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